

# VOLUNTEER APPLICATION

## PART II

Indicate 1st and 2nd choices with "1" or "2".

### *Pre-Race Volunteers*

\_\_\_ July 6, 3:00 pm–5:30 pm (collate packets)

\_\_\_ July 7, 3:00 pm–5:30 pm (collate packets)

\_\_\_ July 9, 1:00 pm–5:00 pm (setup crew)

### *Health and Fitness Expo: Saturday, July 10*

\_\_\_ 9:00 am–1:00 pm (setup crew/heavy lifting)

\_\_\_ 9:30 am–1:00 pm (athlete check-in)

\_\_\_ 10:00 am–1:00 pm (t-shirt goodie bag)

\_\_\_ 10:00 am–3:00 pm (body marking)

\_\_\_ 12:30 pm–4:00 pm (bingo/check-in/survey)

\_\_\_ 12:30 pm–4:00 pm (t-shirt goodie bag)

\_\_\_ 12:30 pm–4:30 pm (athlete check-in)

### *Race Day: Sunday, July 11*

\_\_\_ 5:30 am–8:30 am (athlete check-in)

\_\_\_ 6:00 am–8:00 am (body marking)

\_\_\_ 6:00 am–11:00 am (bike course)

\_\_\_ 6:00 am–11:00 am (transition zone)

\_\_\_ 6:00 am–Noon (run course)

\_\_\_ 6:30 am–11:00 am (signage crew)

\_\_\_ 6:30 am–11:30 am (hospitality)

\_\_\_ 7:00 am–11:00 am (rover)

\_\_\_ 7:00 am–Noon (finish line)

\_\_\_ 7:00 am–Noon (timing crew)

\_\_\_ 7:00 am–12:30 pm (water station)

\_\_\_ 7:00 am–12:30 pm (t-shirt distribution)

\_\_\_ 10:00 am–1:00 pm (awards ceremony)



## DIRECTIONS:

### *Volunteer Training:*

Tuesday, July 6, 6 a.m.–7:30 p.m.

Carlsbad Senior Center

799 Pine Avenue

From I-5 exit on Carlsbad Village Drive and go west one block. Turn left onto Harding Street. Turn right onto Pine Avenue. The Senior Center will be on the left. Park in the rear lot.

### *Community Health & Fitness Expo: Saturday, July 10*

South West Corner (by Sears), Westfield Plaza Camino Real  
2525 El Camino Real, Carlsbad, CA 92008

### *Triathlon: Sunday, July 11*

From I-5 exit on Tamarack Avenue and go west six blocks to Garfield Street. Turn left or right at the stop sign to find street parking. You will be parking in a residential area and walking one block west to Carlsbad Boulevard (Highway 101). The event will be located along Carlsbad Boulevard, north of Tamarack Avenue. Please be courteous of homes in this area. Do not block driveways. DO NOT park in "no parking" areas or along the railroad tracks or you will be ticketed and towed.



Presented by City of Carlsbad Parks & Recreation Department  
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City of Carlsbad Parks & Recreation Department

2010 Health &  
Wellness Weekend

## Volunteer Opportunities



## The Expo: Saturday, July 10

The whole family is invited to participate in the Community Health & Fitness Expo. This event will be held at Westfield Plaza Camino Real from 10 a.m. to 3 p.m. Learn new ways to stay fit and healthy with health oriented seminars, vendors and activities for all ages.

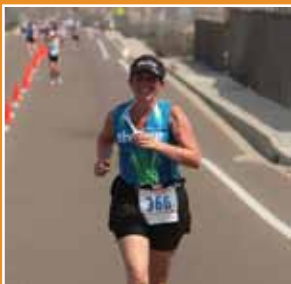
KAISER  
PERMANENTE. thrive

Westfield®  
Plaza Camino Real



## The Race: Sunday, July 11

The Carlsbad Triathlon ranks in the world's top 5 longest running triathlons—this is our 28th year! It is a sprint distance race consisting of a 1K swim, 25K bike and 5K run. The race begins at Tamarack Beach at 8 a.m. and follows the coastline of Carlsbad past scenic beaches, lagoons and wildlife preserves. Our event draws competitors from local first-timers to seasoned competitors from across the nation. Fans may watch from any point along the course.



Photos courtesy of ©ASI

## VOLUNTEER JOB DESCRIPTIONS

**Athlete Check-in:** Register athletes and give out race packets to pre-registrants. Some lifting required.

**Awards Ceremony Crew:** Set-up & clean-up awards, gather participants for ceremony, present awards and answer athlete & spectator questions as needed.

**Body Marking:** Volunteers write race numbers on athletes.

**Collate Packets:** Assist in putting information and samples in athletes' packages.

**Finish Line:** Make sure athletes stay in order. Retrieve timing chip and direct to refreshments.

**Hospitality/Food Prep:** Prepare and serve snacks to the participants after the race.

**Run Course/Bike Course:** Monitor traffic and explain course and safety to public.

**Signage Crew:** Assist with making and gathering signs pre-race, hanging/taking down banners and signs on race day.

**Timing Crew:** Help athletes with timing by announcing times during the race and at the finish line.

**Transition:** Helps ensure that safety rules are followed while participants change from swimming gear to bike gear to running gear.

**Trash Pick-up:** Clean up trash. This position involves lots of walking and ability to pick-up and lift trash.

**Water Stations:** Fill water cups and pass out water to athletes. Report injuries, give support.

## VOLUNTEER APPLICATION

### For More Information:

Call Natalie Alegre at 760-602-7511  
e-mail at [Natalie.Alegre@carlsbadca.gov](mailto:Natalie.Alegre@carlsbadca.gov)  
[www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com)

### Mail to: Health & Wellness Weekend Volunteers

Natalie Alegre  
3096 Harding St.  
Carlsbad, CA 92008

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

☐ Check box if you would like to be added to our email list.

T-shirt size (circle one):    S    M    L    XL    XXL

## YOUR REWARDS:

Enjoy a light dinner at our volunteer meeting on Tuesday, July 6 from 6 p.m. to 7:30 p.m. at the Carlsbad Senior Center to review assignments and receive instructions.

On race day you'll receive a complimentary T-shirt and refreshments to show our gratitude for your dedicated efforts.

**SIGN UP ONLINE OR COMPLETE VOLUNTEER REQUEST FORM ON REVERSE SIDE**

detach here